

2013

Employee Assistance Program

Monthly Wellness

Webinar Calendar

January – June

JAN	NOT ENOUGH HOURS IN THE DAY? <i>Being efficient at work and home</i>	Maximizing Your Day: Effective Time Management <i>JAN 15th — 12 pm, 2 pm ET</i>	<i>Learn time management processes and characteristics of effective time managers. Discover the importance of prioritizing important events, and explore the role of delegation.</i>
FEB	WHERE'S THE LOVE? <i>Relationships that last</i>	Keeping Your Love Alive <i>FEB 19th — 12 pm, 2 pm ET</i>	<i>Strong relationships with the important people in our lives take work, but we get so much in return. In this session, explore the essentials that will strengthen your current connections.</i>
MAR	FEELING THE PRESSURE? <i>Learning the art of stress management</i>	Building Resiliency 101 <i>MAR 19th — 12 pm, 2 pm ET</i>	<i>It's our reaction to stress that determines if it will have a harmful impact on our health and well-being. Learn helpful tools and techniques to become more resilient to stress both at home and at work.</i>
APR	WHY CAN'T EVERY DAY BE EARTH DAY? <i>Greener habits at work and home</i>	Moving Beyond the Basics: Saving Our Planet <i>APR 16th — 12 pm, 2 pm ET</i>	<i>First we learned the importance of the 3 R's Reduce, Reuse & Recycle. What else can we do? Saving our planet for future generations is more important than ever.</i>

MAY	WANT TO GET PHYSICAL? <i>Adding exercise to your daily routine</i>	Staying Fit at Work <i>MAY 21st — 12 pm, 2 pm ET</i>	<i>As working adults, staying fit can be a challenge. Learn tips to add exercise and healthy eating to your workday.</i>
JUN	WHAT'S THE PLAN? <i>Setting retirement goals at any age</i>	It's Not Just About the Money <i>JUN 18th — 12 pm, 2 pm ET</i>	<i>Retirement isn't just about your pension or 401(k). Your retirement plan may include a new living environment, a chance to explore interests, or even a new career.</i>

July – December

JUL	WHAT BRINGS YOU TOGETHER? <i>Defining family in today's world</i>	Family Ties <i>JUL 16st — 12 pm, 2 pm ET</i>	<i>In the 21st century, families come in all shapes and sizes. Explore the diversity of today's families and what that word means for you.</i>
AUG	WHAT'S YOUR BEEF? <i>Managing conflict in the workplace</i>	Nobody Likes a Bully: Bullying in the Workplace <i>AUG 20st — 12 pm, 2 pm ET</i>	<i>Dealing with different personalities at work is a reality. Bullies pose a greater challenge. Learn how to identify hostility in the workplace and how to handle the bullies who create it.</i>
SEP	WHO AM I? <i>Meeting the challenge of a new role</i>	Suddenly You Are a Caregiver <i>SEP17th — 12 pm, 2 pm ET</i>	<i>Becoming a caregiver for a dependent adult can happen in the blink of an eye. Learn how to prepare yourself so you're ready</i>

			<i>for action when faced with this challenge.</i>
OCT	WHAT'S AT RISK? Protecting what's <i>important to you</i>	Getting Your Affairs in Order: Five Essential Documents <i>OCT 15th — 12 pm, 2 pm ET</i>	<i>Be prepared and organized for your future and that of your family. Learn about the five documents that everyone should have in order to be prepared for the unexpected.</i>
NOV	HAVE YOU DONE YOUR HOMEWORK? Raising children to <i>be independent adults</i>	Teaching Your Children Responsibility <i>NOV 19th — 12 pm, 2 pm ET</i>	<i>Learn methods to encourage and nurture responsibility in children of all ages. Help them to grow to become good decision makers.</i>
DEC	HOW DID YOU DO IT? <i>Little steps toward healthy habits</i>	The Path to Inner Peace <i>DEC 17th — 12 pm, 2 pm ET</i>	<i>Through a greater examination of self, as well as of your personal and work environments, you can take steps down the path to inner peace.</i>

Go to the EAP Website for Details

Website: www.anthem.eap.com

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